



# Did You Know?

## NEW HAMPSHIRE'S AGRICULTURE

**THERE ARE JUST UNDER 4,400 FARMS IN THE STATE.**

**NEW HAMPSHIRE IS #1** in the nation for organic sales as a percentage of all agricultural sales.

Agriculture (production and agritourism) **SUPPORTS OVER 12,000 JOBS IN NEW HAMPSHIRE.** (Plymouth State University, 2011)

**THE NUMBER OF FARMS IN NH INCREASED BY 5%** from the last Agricultural Census to the most recent. (2012 Census—the Ag Census is conducted every 5 years)

**NEW HAMPSHIRE IS #1** in the nation for percentage of farms with direct-to-consumer marketing sales via farm stands and pick your own. Nearly 1.2 billion dollars is spent on agritourism-related activities in New Hampshire. (Plymouth State University, 2015. 2012 census of Agriculture)

Agriculture (production and agritourism) **SUPPORTS OVER 20,000 JOBS IN NEW HAMPSHIRE.** (Plymouth State University, 2015)

Farms reporting some type of agritourism activity as part of their business **INCREASED BY 84%** from 2002-2012.



## NEW HAMPSHIRE'S DAIRY INDUSTRY

The New Hampshire dairy industry impacts state and local economies with **MORE THAN \$141 MILLION IN TOTAL OUTPUT, 3,717 JOBS AND MORE THAN \$19 MILLION IN LABOR INCOME.**

**60-70% OF THE STATE'S CROP LAND IS MANAGED OR MAINTAINED BY DAIRY FARMERS.**

When you purchase milk at the grocery store, **ONLY 30% OF THE PRICE YOU PAY GETS BACK TO FARMERS.**

**MILK IS A REGIONAL PRODUCT.** New Hampshire's dairy farmers supply, in part, to brands you purchase at the grocery store.

Each and every day, New Hampshire's dairy farmers work hard to produce fresh, wholesome milk for you and your family. **NH'S DAIRY FARM FAMILIES TAKE PRIDE IN HIGH QUALITY ANIMAL CARE AND MAINTAINING NH'S NATURAL RESOURCES.** They take tremendous pride in preserving the land where they live and work, protecting the air and water they share with neighbors, and being active members of their community.

From farm to store, New Hampshire's dairy farmers work with passion to provide you and your family with wholesome and nutritious dairy products. **99% OF NEW HAMPSHIRE DAIRY FARMS ARE FAMILY OWNED AND HAVE BEEN FOR GENERATIONS.**

The New Hampshire dairy industry is located primarily in the Connecticut River Valley on the state's western boarder and along the Merrimack River Valley in the center of the state. **THERE ARE APPROXIMATELY 125 DAIRY FARMS IN NEW HAMPSHIRE WITH AN AVERAGE OF 115 MILKING ANIMALS PER FARM.**

**CHOCOLATE MILK IS THE OFFICIAL REFUEL BEVERAGE OF THE MANCHESTER MONARCHS AND NH HIGH SCHOOL ATHLETICS.** More than 20 scientific studies support the benefits of recovering with the high-quality protein and nutrients in chocolate milk after a tough workout. Quite simply, chocolate milk is an all-natural, post work-out super drink!

**NEW HAMPSHIRE'S FAST RATE OF DEVELOPMENT IS MAKING OPEN SPACES AND SCENIC VIEWS PRECIOUS RESOURCES.** Not only are they appreciated by visiting tourists, but the state's residents and those seeking to retire or have second homes in New Hampshire also desire the rural atmosphere.

**TREATING ANIMALS WITH RESPECT AND COMPASSION IS PART OF EVERY DAIRY FARMER'S HERITAGE.** Farmers recognize that good animal welfare practices lead to the production of high quality, safe and wholesome milk, and they're constantly seeking ways to improve the comfort of their animals. Simply put, without healthy and contented cows, a dairy farmer couldn't stay in business.

**NEW HAMPSHIRE'S DAIRY FARM FAMILIES REMIND YOU: MEAL TIME IS MILK TIME!**



# Fun Facts

## DAIRY FUN FACTS

Despite its creamy texture, **MILK IS COMPRISED OF 85 TO 95% WATER.** The rest of its volume comes from nutritious vitamins, proteins, carbohydrates, and healthy fat.

**MILK IS A NATURALLY NUTRIENT-RICH FOOD THAT PROVIDES MANY NUTRIENTS FOR A RELATIVELY SMALL AMOUNT OF CALORIES.** The nutrient powerhouse includes: vitamins A and D, potassium, magnesium and complete protein, just to name a few. Milk has an irreplaceable package of nutrients that cannot be found in any other single food or beverage. Lactose-free dairy products are a great alternative for those who want all the essential nutrients found in milk but have trouble digesting lactose.



**ALL MILK, BOTH CONVENTIONAL AND ORGANIC, IS ANTIBIOTIC FREE.** It is illegal for any milk that has tested positive for antibiotics to be sold. Milk is tested on the farm, again by the milk truck driver, and a third time by the milk plant before it is processed. If milk is found to have antibiotics, the milk is destroyed and the farmer will pay for the entire tanker truck of milk.

**DRINKING MILK AND EATING YOGURT AND CHEESE ARE A GREAT WAY TO PROTECT YOUR PERFECT SMILE.** Milk reduces the level of acidity in the mouth, combats plaque formation, and reduces the risk of cavities.

**WOMEN WHO EAT AT LEAST THREE SERVINGS OF DAIRY FOODS EACH DAY ARE 80% LESS LIKELY TO BE OBESE THAN THOSE WHO DON'T.**

**DAIRY FARMERS RELY ON EXPERTS IN NUTRITION FOR ADVICE ON FEEDING THEIR COWS.** Dairy nutritionists recommend scientifically formulated and balanced diets that consist of hay, grains, protein sources, and other vitamins and minerals. Sometimes the nutritionist incorporates additional ingredients such as citrus pulp, brewers' mash, and whole cottonseed, which add valuable nutrients to the feed. Long story short, cows eat better than most people do!

## COW FUN FACTS

**THE TERM "COW" REFERS ONLY TO THE FEMALES OF THE BOVINE POPULATION.** Males are typically called bulls or steers. A female who has given birth is called a cow. A female who has not given birth is called a heifer.

**COWS SPEND THE VAST MAJORITY OF THEIR TIME LYING DOWN – ABOUT 10 TO 12 HOURS EACH DAY.**

**COWS HAVE ONLY BOTTOM TEETH.** They press their bottom teeth against the top hard palate of their mouth to eat and chew.

**COWS HAVE AN EXCELLENT SENSE OF SMELL AND CAN DETECT ODORS UP TO SIX MILES AWAY.**

**THE NATURAL YELLOW COLOR OF BUTTER COMES MAINLY FROM BETA-CAROTENE FOUND IN THE GRASS THE COWS GRAZE ON.**

**THE MAIN BREEDS OF DAIRY COWS ARE HOLSTEIN, GUERNSEY, JERSEY, BROWN SWISS, AYRSHIRE, AND MILKING SHORT HORN.**

## NEW HAMPSHIRE'S

# Ice Cream Trail 2015

BROUGHT TO YOU BY YOUR LOCAL NEW HAMPSHIRE DAIRY FARMERS



NH Department of Agriculture, Markets & Food  
25 Capitol St., PO Box 2042, Concord, NH 03301  
(603)271-3788 agriculture.nh.gov



Granite State Dairy Promotion  
25 Capitol St., PO Box 2042, Concord, NH 03301  
(603)271-3696 nhdairypromo.org



## 47 LOCAL ICE CREAM STANDS

NHDAIRYPROMO.ORG



Eat Like  
a Cow!



## CONQUER THE TRAIL

Visit each of the ice cream trail locations on the map and receive a passport sticker at each shop.\* Once you have completed your passport, mail it to the address below.

**ANY INDIVIDUAL THAT COMPLETES THEIR ENTIRE PASSPORT WILL GET A FREE SWEATSHIRT!**

All completed passports will be entered into a drawing. If your name gets pulled you will win a basket of NH Made goodies, a Granite State Dairy Promotion sweatshirt, and a one year membership to your local Planet Fitness, which you may just need after conquering this trail!

Good luck, have fun, and thank your local ice cream shops for participating. Most importantly, thank your local New Hampshire dairy farmers who publish this map and make it possible each year. Remember: no dairy farms = no ice cream.

Passport entries are due no later than October 14th, 2015. Please provide the following information before mailing your passport.

Enjoying the trail? Use **#EATLIKEACOW** on Facebook, Instagram, Twitter, and Pinterest. We'd love to see photos of your adventure!

*\*We recommend you call individual shops to confirm their hours and seasonal closing date before visiting. Shop hours will vary.*

Name \_\_\_\_\_

Mailing Address (sorry, we cannot ship to PO boxes)

\_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Sweatshirt Size (circle one)    SM       MED       LG       XL

# NEW HAMPSHIRE'S ICE CREAM TRAIL PARTICIPANTS

1

**ARCTIC DREAMS**  
394 MAIN STREET, NEW LONDON  
(603) 526-9477    FIND US ON FACEBOOK

2

**AT THE HOP ICE CREAM SHOP**  
19 LISBON ROAD, ROUTE 302, BATH  
(603) 747-2074    ATTHEHOP.US.COM

3

**BEECH HILL FARM & ICE CREAM BARN**  
107 BEECH HILL ROAD, HOPKINTON  
(603) 223-0828    BEECHHILLFARM.COM

4

**BIG 1 ICE CREAM STAND**  
185 CONCORD STREET, NASHUA  
(603) 880-8126    THEBIG1ICECREAM.COM

5

**BISHOP'S HOMEMADE ICE CREAM**  
183 COTTAGE STREET, LITTLETON  
(603) 444-6039    BISHOPSHOMEMADEICECREAM.COM

6

**BLAKE'S RESTAURANT & ICE CREAM**  
353 SOUTH MAIN STREET, MANCHESTER  
(603) 669-0220    BLAKESICECREAM.COM

7

**BLAKE'S RESTAURANT & ICE CREAM**  
53 HOOKSETT ROAD, MANCHESTER  
(603) 627-1110    BLAKESICECREAM.COM

8

**BLY FARM**  
620 CENTER STREET, WOLFEBORO  
(603) 569-1411

9

**BRICK HOUSE DRIVE-IN RESTAURANT**  
1391 HOOKSETT ROAD, HOOKSETT  
(603) 622-8091    BHRESTAURANT.NET

10

**BRUSTER'S ICE CREAM**  
621 AMHERST STREET, ROUTE 101A, NASHUA  
(603) 881-9595    BRUSTERSNH.COM

11

**CHARLIE'S OLDE TYME CREAMERY**  
ROUTE 202, 9 SHARON ROAD, PETERBOROUGH  
(603) 321-9757    FIND US ON FACEBOOK

12

**COFFEE CABOOSE**  
2305 ROUTE 16, WEST OSSISPEE  
(603) 539-6111

13

**CONEHEAD'S ICE CREAM & FACTORY**  
104 MAIN STREET, NORTH WOODSTOCK  
(603) 398-6983    CONEHEADSNH.COM

14

**CONNOLLY BROTHERS DAIRY FARM**  
140 WEBSTER HIGHWAY, TEMPLE  
(603) 924-5002    FIND US ON FACEBOOK

15

**COUNTRY BROOK FARMS**  
175 LOWELL ROAD, HUDSON  
(603) 689-7176    COUNTRYBROOKFARMS.COM

16

**DEVRIENDT FARM PRODUCTS, LLC.**  
178 SOUTH MAST STREET, GOFFSTOWN  
(603) 497-2793    DEVRIENDTFARM.COM

17

**DEWEY'S ICE CREAM PARLOR AND CAFÉ**  
34 PLYMOUTH STREET, CENTER HARBOR  
(603) 253-4009    DEWEYSICECREAMANDCAFE.COM

18

**DUDLEY'S HOMEMADE ICE CREAM**  
846 ROUTE 106 NORTH, LOUDON  
(603) 783-4800    FIND US ON FACEBOOK

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**FREKEY'S DAIRY FREEZE**  
97 SUNCOOK VALLEY ROAD, CHICHESTER  
(603) 798-5443    FIND US ON FACEBOOK

20

**GOULD HILL FARM**  
656 GOULD HILL ROAD, HOPKINTON  
(603) 746-3811    GOULDHILLFARM.COM

21

**GRANITE STATE CANDY SHOPPE & ICE CREAM**  
13 WARREN STREET, CONCORD  
(603) 225-2591    GRANITESTATECANDYSHOPPE.COM

22

**HATCHLAND FARM'S "WICKED GOOD" DAIRY DELITES**  
3095 DARTMOUTH COLLEGE HIGHWAY, NORTH HAVERHILL  
(603) 348-1884    FIND US ON FACEBOOK

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**HAYWARD'S ICE CREAM**  
7 DANIEL WEBSTER HIGHWAY, NASHUA  
(603) 888-4663    HAYWARDSICECREAM.COM

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**ICE CREAM FORE-U**  
298 PLAINFIELD ROAD, WEST LEBANON  
(603) 298-6884    FOREUGOLF.COM

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**ILSLEY'S ICE CREAM**  
33 SOUTH SUGAR HILL ROAD, WEARE  
(603) 529-6455    FIND US ON FACEBOOK: ILSLEY'S ICE CREAM

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**INGY'S ICE CREAM & SNACK SHACK**  
634 HUTCHINS STREET, BERLIN  
(603) 752-5888    FIND US ON FACEBOOK

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**JORDAN'S ICE CREAMERY**  
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(603) 267-1900    FIND US ON FACEBOOK

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(603) 366-4466    KELLERHAUS.COM

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**KIMBALL FARM**  
158 TURNPIKE ROAD, JAFFREY  
(603) 532-5765    KIMBALLFARM.COM

30

**LONE OAK ICE CREAM**  
175 MILTON ROAD, ROCHESTER  
(603) 332-1809    LONEOAKICECREAM.COM

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**M 'N M SCOOPS**  
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(603) 536-4850    FIND US ON FACEBOOK

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**MEMORIES ICE CREAM**  
95 EXETER ROAD, KINGSTON  
(603) 642-3737    MEMORIESICECREAM.COM

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**MOO'S PLACE HOMEMADE ICE CREAM**  
27 CRYSTAL AVENUE, DERRY  
(603) 425-0100    MOOSPLACE.COM

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**MOOSE ALLEY CONES**  
3 PARTRIDGE ROAD, PITTSBURG  
(603) 538-6380    PARTRIDGECABINS.COM

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**NANA'S SNACK SHACK**  
1387 S. STARK HIGHWAY, WEARE  
(603) 529-3474    NANASSHACK.COM

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**NAUGHTY NELLIE'S ICE CREAM BAR**  
46 MAIN STREET, ANDOVER  
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**PEACH TREE FARM**  
88 BRADY AVENUE, SALEM  
(603) 893-7119    FIND US ON FACEBOOK

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**RICHARDSON'S FARM**  
170 WATER STREET, BOSCAWEN  
(603) 796-2788    RICHARDSONSFARMNH.COM

39

**SANCTUARY DAIRY FARM ICE CREAM**  
209 ROUTE 103, SUNAPEE  
(603) 863-8940    ICECREAMKIDBECK.COM

40

**SHIBLEY'S DRIVE-IN**  
15 MOUNT MAJOR HIGHWAY, ALTON BAY  
(603) 875-6611    FIND US ON FACEBOOK

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**SHORT STOP OF NEW IPSWICH**  
584 TURNPIKE ROAD, NEW IPSWICH  
(603) 878-4446    FIND US ON FACEBOOK

42

**STUART & JOHN'S SUGAR HOUSE RESTAURANT**  
42 ROUTE 63, WESTMORELAND  
(603) 399-4486    STUARTANDJOHNSSUGARHOUSE.COM

43

**THE MILL FUDGE FACTORY & ICE CREAM CAFÉ**  
2 CENTRAL STREET, BRISTOL  
(603) 744-0405    THEMILLFUDGEFACTORY.COM

44

**TRAILS END ICE CREAM SHOP**  
1053 ROUTE 302, BARLETT  
(603) 374-2288    TRAILSENDICECREAM.COM

45

**TRAILS END ICE CREAM SHOP**  
3631 WHITE MOUNTAIN HWY. @ SCENIC VISTA, INTERVALE  
(603) 356-0470    TRAILSENDICECREAM.COM

46

**UDDERLY DELICIOUS ICE CREAM SHOPPE**  
121 MAIN STREET, LINCOLN  
(603) 398-6983    UDDERLYDELICIOUSNH.COM

47

**UNH DAIRY BAR**  
3 DEPOT ROAD, DURHAM  
(603) 862-1006    UNH.EDU/DINING/FACILITY/DAIRY-BAR



Mail Passport by October 14, 2015 to:  
Granite State Dairy Promotion  
25 Capitol St., PO Box 2042  
Concord, NH 03301



## NEW HAMPSHIRE'S

# Ice Cream Trail 2015

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NEW LONDON
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BATH
- BEECH HILL FARM & ICE CREAM BARN**  
HOPKINTON
- BIG 1 ICE CREAM STAND**  
NASHUA
- BISHOP'S HOMEMADE ICE CREAM**  
LITTLETON
- BLAKE'S RESTAURANT & ICE CREAM**  
MANCHESTER - SOUTH MAIN STREET
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MANCHESTER - HOOKSETT ROAD
- BLY FARM**  
WOLFEBORO
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NASHUA
- CHARLIE'S OLDE TYME CREAMERY**  
PETERBOROUGH
- COFFEE CABOOSE**  
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- CONEHEAD'S ICE CREAM & FACTORY**  
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ROCHESTER
- M 'N M SCOOPS**  
PLYMOUTH
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KINGSTON
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DERRY
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